



Welcome to PHase 3!

Congratulations on making it to Phase III of the Fresh from Florida Kids program. Your little one has now developed some individuality along with a tad of independence. Since you have laid the groundwork for healthy eating habits, your hard work and determination now seem less like work and more like a simple routine.

Phase III is all about reinforcing healthy eating. In “Healthy Habits” you will find tips on how to keep your child’s attention during mealtime and how to beat the battle with junk food. The “Preparation” guidelines will get you organized and help save time and energy while shopping and cooking. The “Feeding” section gives you creative guidelines on what to feed even the pickiest of toddlers. “Kids Recipes” contains some exciting meals to try, and the “Family Recipes” section offers a new twist to turn a boring meal into a nutrient-rich dinner your family will enjoy. “Healthy Parents” is a section designed just for you with tips on how to spend your family time, as well as how to make time for yourself.

While you browse Phase III, just remember that you have the knowledge and tools to continue helping your child become the healthiest eater he can be. As always, you have the support of the program to help you move along through toddlerhood. You have made it so far; don’t stop now!

Sincerely,
The Fresh from Florida Kids Staff

TABLE of Contents

| | |
|-----------------------------------|-------|
| Healthy Habits | 3-6 |
| Food Preparation Guidelines | 7-10 |
| Feeding Guidelines | 11-14 |
| Kid Recipes | 15-20 |
| Family Recipes | 21-44 |
| Healthy Parents | 45-47 |
| Credits | 48 |

Healthy Habits



Congratulations on making it to Phase III. You're plugging right along through toddlerhood; just a little while more until you will have a school-aged child! Your diligence and hard work is paying off. You are raising a happy, healthy eater. Great work! The healthy habits that you have instilled are becoming more of a routine and seeming like child's play, so to speak.

Reinforce GOOD Habits



- If you find you are sometimes losing the battle against poor nutrition, take a look at the number of hours she may be spending with the television. Even the youngest child can be influenced by dancing burgers and singing cereal, which makes your job a little tougher.
- Teaching your child to request green beans instead of deep fried tater tots started in Phase I. You set the right example; you offered healthy food and did not hide squash in a cake mix. Your child will continue to see and eat healthy food because she is familiar with wholesome food and how to eat it.

- Mealtime should be family time. Children, no matter their age, do not like to eat alone. The television is not adequate company.
- Since Phase I you have been laying the groundwork for healthy food choices, whether you are with your child or not. Your child is growing; many children are entering preschool and day care. Help reinforce your hard work by sending healthy lunches and snacks. If your child care center provides meals, feel free to send your own or speak up if the meals are not to your healthy eating standards.
- Eating junk does not help promote healthy eating. Get the junk out of the house. It is understandable that you do not want to waste food. However, the half box of sugar cookies, last year's Halloween candy or a half eaten bag of high fat potato chips are not going to be missed from your healthy habits food menu.
- Even though your toddler is growing, resist the temptation to overestimate how much he will eat, especially when it comes to new foods. One or two tablespoons is usually enough of any new food. If he likes it, he will always ask for more.
- Make cooking a family affair. Involve your child in all phases of food preparation (be safe!) and answer any questions they may have about cooking.



FOOD PREPARATION GUIDELINES



By now you should be a whiz in the kitchen. When you grocery shop, you know the proper choices to make. You rely on what you have learned in the program and can make healthy meal choices for your family. But now it is time to take it one step further and get organized. You can make grocery lists that will get you in and out of the store in a jiffy. The meals you prepare will be wholesome, nutritious and delicious. It is all with just a small amount of planning on your part and taking advantage of items already on hand to save you time and money. It is also the time to get creative in the kitchen. So put on your aprons and let's get started!

Menu Planning

- Use what you have: One of the easiest ways to save money and not be wasteful is to use what you already have on hand. Before heading to the store, check your freezer, refrigerator, pantry and shelves.
- In and Out! Think of the grocery store as a horseshoe. The food sections that you want to shop are usually the outer edges of the market - like the produce, dairy, meat and seafood sections. Most of the processed food is found down the aisles. You can make for a quick shopping trip if you stick to this rule!
- Shop the sales: If you can, check several stores to see where you find the biggest savings. Stock up on products that are on sale that you will use. Clip coupons and watch for buy one get one free offers.
- Plan your meals wisely: Plan your meals for a week (or two) in advance by using ingredients you have on hand and what you've purchased. Thinking about the order of your recipes will allow you to use leftovers more efficiently and will reduce your stress on busy days.
- Create a go-to list of simple and quick meals that you're a pro at preparing. By knowing a few recipes you can always rely on, you'll avoid the desperate trip through the drive-thru or frantically trying to figure out what to make for dinner. Create your own cookbook with copies or tear-outs of favorite recipes.



- Let your kids pick some of the ingredients: Even if they're not your favorite or unhealthy, you only have to use a little. They'll like that they contributed and might be more inclined to try something new or healthy if there's something in it for them.
- Try new things! Do not be afraid to try new and exciting recipes. You may even find your new favorite meal.

Building your Pantry

The following is a list of dry goods or staples you might want to have on hand as you begin trying the new family recipes. Some might already be staples at your kitchen. Building the items in your pantry is a good way to eliminate trips to the grocery store every time you cook. You don't need to buy everything at once, just what you think you will eat often. Start building your pantry gradually. These are food staples that can be added to numerous recipes and will be useful in cooking many of the recipes found in your "Fresh from Florida Kids Rooted for Life" notebook.

Olive oil
All-purpose flour
Cloves of garlic
Vanilla extract
White wine vinegar
Cooking spray
Balsamic vinegar
Rice
Bread crumbs
Tomato sauce
Worcestershire Sauce
Egg noodles
Cans of mushrooms
Orange marmalade
Chicken broth
Vegetable broth

Spices:
Paprika
Cinnamon
Cumin
Italian herb seasoning
Oregano
Nutmeg
Thyme
Garlic powder



Feeding Guidelines



So your child is now eating a variety of things and feeding himself. Your family is getting more active and everyone is short on time. Right now is a critical time to not fall into the "fast food trap" that many parents resort to after a long, hard day at work or home with an active toddler. You have come this far; don't stop now! Continue to reinforce healthy eating and a good variety of foods. Keep in mind that a 2-3 year old's eating habits might slow down a bit as his or her growth is slowing down. This is normal!

Your job is simply to buy the right food, prepare it nutritiously (steamed rather than boiled, baked rather than fried), and serve it creatively. You can leave the rest up to your child.

Be CREative

- Healthy spreads and toppings can entice children. Teach your child how to spread cream cheese or sprinkle cheddar cheese on her snack. Anything to add variety and color!
- Sometimes a finicky eater may be more likely to want to drink his meal! Why not create a fruit and yogurt smoothie?
- Get creative when slicing up veggies and fruits. Fun shapes will gain the child's interest and it is easy to do.
- Keep food servings small. As a rule of thumb, a young child's stomach is approximately the size of his fist. Pass out small portions at first and refill the plate when your child asks for more. This less-is-more meal plan has the added benefit of stabilizing blood sugar levels, which in turn minimizes mood swings.
- Switch it up! Breakfast, lunch and dinner differences have little meaning to a child. If your youngster asks for dinner in the morning or cereal in the evening, go with it.
- Make every calorie count. Choose foods that pack lots of nutrition into small packages. Berries and leafy greens are good examples of foods high in nutrients. Offer the unprocessed berries as a snack. Chop kale and pour a small amount of steaming water on it. Allow to cool before serving as a quick side dish.

FRESH PRODUCE CAN HELP

The following simple and healthy adjustments to snack and meal preparations can make an enormous difference in the way your family approaches healthy eating and develops healthy eating habits for the future.

- Incorporate fresh fruits and vegetables into cooking whenever possible.
- Start by breaking one unhealthy family eating habit per week (example: no fried food on Mondays.) Replace the unhealthy habit with a new healthy habit.
- Enlist older children and make a game of nominating favorite family recipes to try using fresh ingredients.
- Scramble eggs with diced tomatoes, bell peppers and onions.
- Add strawberries or blueberries to your usual salad mix to liven up the taste.
- Let each family member pick a color, then search cook books or the internet for recipes using a vegetable of that color. Remember to choose low-fat recipes.
- Try making takeout favorites at home. Love delivery pizza? Use a premade, whole-wheat pizza crust, then add your sauce and top with fresh vegetables. Kids can decorate the pizza with green peppers, eggplant or any number of fresh vegetables.

- Pack cut carrots, celery, oranges, etc. as individual snacks in small containers. Let your toddler or older sibling decorate the containers. The snacks are ready to pull from the fridge anytime and your toddler will love having his own special container each day.
- Serve raw or blanched vegetables often. The natural texture of the vegetables will help avoid “high-speed” eating and force everyone to slow down and enjoy the entire meal.



Vegetable Bean Burgers

Yield 5 servings

Ingredients

| | |
|-------|---|
| 1 | 15-ounce can red beans |
| 3/4 | cup whole-grain bran cereal |
| 1/2 | cup Florida yellow squash, finely chopped |
| 1/4 | cup quick oats |
| 1/4 | cup green onions, chopped |
| 2 | Florida eggs, slightly beaten |
| 1 1/4 | cup Florida spinach |
| 5 | Florida tomato slices |
| 5 | hamburger buns |

Preparation

1. Preheat oven to 350 degrees.
2. Rinse, drain and mash beans. Crush cereal and add to beans. Add squash, oats, onion and eggs; mix well.
3. Shape into 5 burger patties (about 1/2-inch thick).
4. Bake on a greased baking sheet for 10 minutes on each side or until burgers begin to brown. Serve with spinach and tomato slices.

Baked CARROT Fries

Yield 4 servings

INGREDIENTS

| | |
|-----|---|
| 1 ½ | pounds Florida carrots |
| 2 | tablespoons olive oil |
| 2 | tablespoons finely chopped fresh Florida rosemary |
| 1/2 | teaspoon salt |

PREPARATION

1. Heat oven to 425 degrees. Line a shallow pan with foil.
2. Slice off the tip and end of each carrot. Peel carrots and cut in half crosswise. Cut lengthwise, then cut lengthwise again. Combine carrot sticks, olive oil, rosemary and salt. Stir until all are evenly coated with oil mixture.
3. Place carrots on foil-lined baking sheet and spread out in a single layer. Bake for 15 to 20 minutes, or until carrots are tender.



CRISPY ZUCCHINI

Yield about 35 zucchini pieces

INGREDIENTS

| | |
|-----|---|
| 2 | medium Florida zucchini, cut into 1/4-inch slices |
| 1/2 | cup seasoned bread crumbs |
| 2 | tablespoons grated Parmesan cheese |
| 1/2 | teaspoon ground black pepper |
| 2 | Florida egg whites |

PREPARATION

1. Preheat the oven to 400 degrees.
2. In a small bowl, stir together the bread crumbs, cheese and pepper. Place the egg whites in a separate bowl and beat lightly.
3. Dip zucchini slices into the egg whites, then coat with the breadcrumb mixture. Place on a greased baking sheet.
4. Bake in the oven for 10 to 15 minutes or until browned and crispy.

Poach leftover egg yolks to use for salads. To poach eggs place water in a sauce pan to completely cover eggs. Add one tablespoon of white vinegar for each pint of water; bring to a boil. Reduce heat to a simmer, gently lower yolk from bowl into water. Turn off heat, cover pan and let set for 3 to 5 minutes depending on desired doneness. Remove with a slotted spoon and chill.

Green Bean RollUp

Yield 4 snack servings

IngRedients

- 1 container of prepared dinner roll dough
- 2 cups lightly cooked Florida green beans cut into 3-inch pieces
- 2 teaspoons dried basil

PRePARation

1. Preheat oven to 350 degrees.
2. Roll out each dinner roll and sprinkle with equal amounts basil. Place 5 to 6 green beans on the dough and roll up.
3. Place rolls on baking sheet and bake for 15 minutes or until rolls are browned. Let cool and serve.



VeGGies and CHeese

Yield 3 servings

IngRedients

- 12 Florida grape tomatoes, sliced in half
- 1 large Florida yellow bell pepper
- 4 ounces mozzarella cheese
- 6 Florida watermelon pieces, about an inch
- 3 lettuce leaves

PRePARation

1. Slice pepper into 6 pieces, removing seeds. Slice tomatoes into halves.
2. Place lettuce on three plates and evenly divide remaining ingredients on the plates. Serve chilled.



Breakfast

Egg Muffins

Yield 6 muffins

Ingredients

| | |
|-----|---------------------------|
| 4 | Florida eggs |
| 1/4 | cup milk |
| 1/2 | cup Florida celery, diced |

Preparation

1. Lightly beat eggs.
2. Add milk and celery and mix well. Pour egg mixture into a well-greased muffin tin, filling 3/4 of the way to the top.
3. Bake in 350 degree oven for about 20 minutes or until eggs are done.

Oven Eggs

Yield 8 servings

Ingredients

| | |
|-----|----------------------------------|
| 12 | Florida eggs |
| 2 | slices whole-wheat bread |
| 1/4 | cup Worcestershire sauce |
| 1 | cup spinach, chopped |
| 1/2 | cup grated Florida carrots |
| 12 | ounces low-fat mozzarella cheese |
| 1 | Florida Roma tomato |

Preparation

1. Remove eggs from shell and place in a large mixing bowl. Add Worcestershire sauce and beat by hand. Cut bread into small pieces and place in shallow bowl. Pour egg mixture over bread, allowing bread to soak up all the liquid.
2. Combine all ingredients, except tomatoes, in mixing bowl and mix well. Pour mixture into a lightly oiled casserole-sized pan.
3. Cut tomato rounds and place on top of mixture and bake at 350 degrees for 20 to 25 minutes or until the center is firm. Let set for 10 minutes; cut and serve.

Sun Up Eggs

Yield 1 serving

Ingredients

| | |
|---|-----------------------------|
| 2 | slices bread |
| 2 | Florida eggs |
| 1 | ounce grated low-fat cheese |
| | Nonstick cooking spray |

Preparation

1. Remove a 1 1/2 inch diameter circle from the center of each piece of bread and discard, using a small cup or biscuit cutter. Spray generous amount of nonstick cooking spray in a large skillet and brown both pieces of bread on one side on medium heat.
2. Turn bread over and break one egg into the hole in both pieces of bread. Cook for 3 to 5 minutes or until egg becomes firm and can be flipped over.
3. Flip bread and eggs and cook as desired; soft, medium, hard. About 2 minutes before removing from the skillet, divide the cheese evenly on both eggs.



LUNCH

CABBAGE CHICKEN WRAP

Yield 6 servings

INGREDIENTS

- 1 large head Florida cabbage
- 1 ½ pounds chicken meat, sliced
- 1 cup onions, chopped
- 2 cups Florida mushrooms, sliced
- 1 cup Florida red bell pepper, chopped
- 1 cup water chestnuts, chopped
- 1/2 cup Florida parsley, chopped
- Nonstick cooking spray

PREPARATION

1. Remove outer leaves from cabbage and cut about 1-inch off the bottom (stem end) of the head. Steam cabbage stem side down until leaves can be removed easily. Set aside.
2. Cook chicken and onions in a large skillet until chicken is done and onions are browning. Remove chicken and onions from skillet. Set aside.
3. Cook mushrooms and bell pepper in skillet until they begin to brown. Add water chestnuts, parsley and cooked chicken and onions to the skillet; heat thoroughly.

4. Remove skillet from heat and let mixture cool.
5. Prepare cabbage by removing the thick stem in the center of each piece. Roll one tablespoon of chicken mixture in each of the cabbage leaves. Serve warm or at room temperature.

USE THE LEFTOVER CABBAGE HEART FOR
THE STEAMED CABBAGE AND SAUSAGE RECIPE.



CHiCken PePPer sALAd

Yield 4 servings

IngRedients

- 1 pound chicken meat, cut into bite-sized pieces
- 1 cup Florida onions, chopped
- 1 Florida red bell pepper, chopped into medium-sized pieces
- 5 stalks Florida celery, chopped into medium-sized pieces
- 1/3 cup olive oil
- 1/3 cup rice vinegar
- 1/2 cup Parmesan cheese
- Nonstick cooking spray

PrePARation

1. Spray a skillet with cooking spray. Cook chicken and onions in the skillet on medium-high heat until chicken is done, about 10 minutes. Set aside.
2. Combine bell pepper, celery, olive oil and vinegar; mix well. Combine chicken and onions with vegetable mixture and toss all ingredients.
3. Top with cheese and serve.



CHoPPed sALAd

Yield 6 servings

IngRedients

- 4 cups Florida lettuce hearts, chopped
- 1 15-ounce can red beans, drained
- 1 cup Florida celery, chopped
- 1 cup Florida red bell pepper, chopped
- 1 cup Florida yellow squash, chopped
- 3/4 cup Florida peanuts or pecans, chopped
- 1/2 cup cooked corn kernels
- 1/2 cup Florida cilantro, chopped
- 1/3 cup balsamic vinegar
- 1/4 cup olive oil
- 2 tablespoons grated Parmesan cheese

PrePARation

1. Combine first 8 ingredients in a large bowl; mix well.
2. Whisk together vinegar and oil and pour over salad; mix well. Top with cheese and serve.

**** When serving children 3 years and under, omit the nuts in this recipe***

Pita With Bean SPREAD and Tomatoes

Yield 6 servings

INGREDIENTS

| | |
|-----|--------------------------------------|
| 6 | 6-inch pita bread rounds |
| 1 | 15-ounce can garbanzo beans |
| 1 | cup Florida tomatoes, chopped |
| 1 | cup Florida zucchini, chopped |
| 1 | teaspoon Italian herb seasoning |
| 1/2 | cup grated low-fat mozzarella cheese |

PREPARATION

1. Puree beans and spread on each pita.
2. Top with tomatoes, zucchini and then seasoning. Sprinkle on the cheese.
3. Broil until vegetables begin to brown. Let cool and cut into small pieces.



Dinner

Baked eggplant

Yield 4 servings

INGREDIENTS

| | |
|-----|----------------------------|
| 2 | medium Florida eggplants |
| 1/2 | cup tomato sauce |
| 2 | cups dried bread crumbs |
| 1 | tablespoon dried oregano |
| 1/2 | teaspoon salt |
| 1/2 | cup grated Parmesan cheese |

PREPARATION

1. Preheat oven to 400 degrees.
2. Peel eggplant and slice into 1/2-inch thick slices. Spread each slice with 1 teaspoon of the tomato sauce.
3. Combine breadcrumbs, oregano and salt. Dip egg plant in crumb mixture, coating both sides; shake off excess.
4. Put eggplant tomato sauce side up, on a baking sheet and top with cheese. Bake for approximately 15 minutes or until browned on top. Serve immediately.

CHiCken St. GEORGE

Yield 6 servings

IngRedients

- 2 pounds boneless, skinless chicken breasts
- 2 cups Florida mushrooms, chopped
- 2 cups onions, chopped
- 2 teaspoons paprika
- 1 teaspoon ground thyme
- 1 teaspoon garlic, minced
- 1 teaspoon salt
- Nonstick cooking spray

PrePARation

1. Cut chicken breasts in half and set aside. Combine paprika, thyme and garlic and sprinkle evenly on chicken.
2. Coat skillet with nonstick cooking spray and cook seasoned chicken on medium heat until done, about 10 to 12 minutes. Remove chicken from skillet and keep warm.
3. Add vegetables to the same skillet and cook on medium heat until they are browned but still firm. Return cooked chicken to skillet with the vegetables until heated. Serve immediately. (Small amounts of water or chicken broth can be added to the skillet to keep the chicken seasoning from burning on the bottom of the pan.)

CHiCken WiNGS

Yield 2 entrée servings or 4 snack/appetizer servings

IngRedients

- 12 chicken wings
- 2 teaspoons oregano
- 3/4 cup plain yogurt
- 3/4 cup seasoned bread crumbs
- 3/4 cup grated Parmesan cheese
- Nonstick cooking spray

PrePARation

1. Preheat the oven to 375 degrees.
2. Rinse chicken wings and remove wing tip.
3. Combine oregano and yogurt, set aside. Combine bread crumbs and cheese, set aside.
4. Coat wings in yogurt mixture and then roll in bread crumb mixture. Place in a greased baking dish and spray with nonstick cooking spray.
5. Bake in the oven for 20 to 25 minutes or until wings are golden brown.

CROCK Pot CHICKEN

Yield 4 servings

INGREDIENTS

| | |
|-----|--|
| 1½ | pounds chicken, skin removed |
| 1/2 | package dry Italian seasoning |
| 2 | cups onions, chopped |
| 2 | cups Florida mushrooms, sliced |
| 8 | ounces soft cream cheese |
| 1 | 10-ounce can fat-free cream of mushroom soup |

PREPARATION

1. Cut chicken breasts into 3 pieces each and put in crock pot.
2. Add seasoning and onions and cook on low heat for about 4 hours.
3. Add mushrooms, cream cheese and soup; cook another 2 hours. Serve with pasta or rice.



EAST PASS SHRIMP SALAD

Yield 4 servings

INGREDIENTS

| | |
|-----|---|
| 1 | pound Florida shrimp, cooked and peeled |
| 5 | cups Florida romaine lettuce hearts, chopped |
| 1 | cup Florida red bell pepper, finely chopped |
| 1 | cup Florida green bell pepper, finely chopped |
| 1/2 | cup red onion, chopped |

DRESSING

| | |
|-----|-------------------------|
| 1/4 | cup olive oil |
| 1/2 | cup Florida lime juice |
| 2 | teaspoons minced garlic |

PREPARATION

1. Combine shrimp, lettuce, bell peppers and onion in large mixing bowl; toss and set aside. In a small bowl combine oil, lime juice and garlic and mix vigorously.
2. Add dressing to salad according to taste and toss to coat all ingredients.

EGGPLANT BURGERS

Yield 8 servings

INGREDIENTS

- 1 medium Florida eggplant, peeled and cubed
- 1 ¼ cups cracker crumbs
- 1 cup shredded low-fat cheddar cheese
- 2 Florida eggs, slightly beaten
- 1 tablespoon Florida parsley, chopped
- 3 tablespoons green onion, thinly sliced
- 1/2 teaspoon salt

PREPARATION

1. Preheat oven to 375 degrees.
2. In a covered saucepan, cook eggplant in boiling water until tender, about 5 minutes; drain well.
3. Place eggplant in a bowl and mash. Stir in cracker crumbs, shredded cheese, eggs, parsley, green onion and salt.
4. Shape mixture into 8 patties about 3-inches in diameter.
5. Bake in oven for 20 to 25 minutes or until patties are lightly browned.

GULF GARDEN SHRIMP SALAD

Yield 4 servings

INGREDIENTS

- 1 ½ pounds cooked medium Florida shrimp, peeled and deveined
- 2 cups drained red beans
- 1 cup Florida celery, chopped
- 1 cup Florida zucchini, chopped
- 1/2 cup Florida green beans, diced
- 1/2 cup green onions, sliced
- 1/2 cup ripe olives, sliced
- 1/2 cup white vinegar
- 1/3 cup olive oil
- 2 tablespoons lime juice
- 2 tablespoons grated Parmesan cheese
- 1 cup Florida basil, chopped

PREPARATION

1. Combine all ingredients except cheese and basil. Chill for at least one hour.
2. Add cheese and chopped basil. Serve with fresh, sliced tomatoes.



Lentil Vegetable Soup

Yield 8 servings

Ingredients

| | |
|-----|---|
| 1 ½ | cup dried lentils (pre-soaked) |
| 3 | cups water |
| 3 | cups peeled butternut squash, cut into 1-inch cubes |
| 2 | cups prepared marinara sauce |
| 2 | cups Florida green beans, cut in half |
| 1 | cup Florida bell pepper, chopped |
| ¾ | cup onion, chopped |

Preparation

1. Combine lentils and water in a large sauce pan.
2. In a large mixing bowl, combine remaining ingredients; mix well and pour over lentils.
3. Cover and cook on medium heat or until lentils are tender, about 30 minutes. Add salt to taste.

Pepper Skins

Yield 4 servings

Ingredients

| | |
|-----|-----------------------------------|
| 3 | Florida bell peppers |
| 1/2 | cup Florida tomatoes, chopped |
| 1/2 | cup Florida spinach, chopped |
| 2 | tablespoons prepared bacon bits |
| 1/2 | cup grated low-fat cheddar cheese |

Preparation

1. Slice each bell pepper into four slices, removing seeds and stem.
2. Place equal amounts of tomatoes, bacon and cheese on each pepper slice.
3. Place pepper slices on a baking sheet and broil in the oven until cheese begins to melt. Let cool and serve.



Steamed Cabbage and Sausage

Yield 6 servings

Ingredients

- 1 medium head Florida green cabbage
- 1 ½ pounds turkey sausage
- 1 teaspoon ground sage

Preparation

1. Cut cabbage into small wedges and sausage into small pieces and place in a steamer.
2. Add sage and steam cabbage until soft, about 20 minutes. Remove cabbage and sausage and serve.

Use the large outside leaves for the cabbage chicken wrap recipe.



Stuffed Squash

Yield 4 Servings

Ingredients

- 12 medium Florida yellow squash
- 2 15-ounce cans tomato sauce
- 1 6-ounce can tomato paste
- 1 pound lean ground beef
- 1 cup brown rice
- 1 cup onion, finely chopped
- 1 teaspoon ground allspice
- 1 teaspoon paprika
- pepper to taste

Preparation

1. Remove the neck from each squash. With a small knife or a spoon, scoop out the rounded body; set aside.
2. Combine the tomato sauce and the tomato paste in a 2-quart saucepan. Combine beef and remaining ingredients in a medium-sized bowl and mix well.
3. Stuff each squash with the beef mixture without packing too tightly.
4. Place stuffed squash in the sauce and add enough water to cover all the squash. Cover pan and simmer on medium-low for about 30 minutes, until rice is cooked.

Save the squash necks for a stir-fry recipe.

Vegetable Beef Salad

Yield 4 servings

Ingredients

- 1 pound lean beef cut into bite-sized pieces
- 1 large Florida zucchini, sliced
- 1 large Florida bell pepper, sliced into medium-sized pieces
- 1 cup of Florida green beans, chopped
- 1 teaspoon dried tarragon leaves
- 1/3 cup olive oil
- 1/4 cup vinegar
- 4 cups spring mix or other salad greens
- Nonstick cooking spray

Preparation

1. Cook beef and tarragon leaves with nonstick cooking spray in a skillet on medium-high heat until beef is pink in the center, about 10 minutes. Remove from skillet and set aside.
2. Cook zucchini, pepper and green beans in cooking spray in the same skillet until vegetables begin to brown; set aside.
3. Combine oil and vinegar in a mixing bowl. Add beef and vegetables, mixing well.
4. Add salad greens to the beef mixture and toss all ingredients. Place salad in individual bowls and serve.

Sides Dishes

Greens With Brown Rice

Yield 6 servings

Ingredients

- 2 cups low-sodium chicken stock
- 1 cup uncooked, long grain rice
- 5 cups Florida collard leaves, chopped and loosely packed
- 1 tablespoon butter
- 1/2 teaspoon salt
- pepper to taste

Preparation

1. Bring chicken stock to a boil in a 2-quart saucepan.
2. Add the uncooked rice, butter and salt; stir.
3. Stir in collard greens a handful at a time.
4. Bring back to a boil; cover and reduce heat. Cook approximately 25 minutes or until rice is tender. Add pepper to taste.

Honey CORNBREAD

Makes 12 to 15 muffins

INGREDIENTS

| | |
|-----------------|---------------------------------------|
| 1 $\frac{3}{4}$ | cups stone-ground cornmeal |
| $\frac{3}{4}$ | cup whole-wheat flour |
| 3 | teaspoons baking powder |
| 1 | teaspoon baking soda |
| 1 | teaspoon salt |
| 1 $\frac{1}{4}$ | cups buttermilk |
| $\frac{3}{4}$ | cup Florida honey |
| 2 | large Florida eggs |
| 3 | tablespoons butter, melted and cooled |

PREPARATION

1. Grease and flour 12 to 15 muffin cups. Heat oven to 400 degrees.
2. Combine the cornmeal, flour, baking powder, baking soda and salt in a large mixing bowl. In another bowl, whisk together the buttermilk, eggs, honey and cooled melted butter.
3. Pour the buttermilk mixture into the dry mixture and stir until all ingredients are moistened.
4. Fill muffin cups about $\frac{3}{4}$ full. Bake for 15 to 20 minutes, or until browned and firm to a light touch.

Serve With Steamed CABBAGE AND SAUSAGE.

PANBROILED Vegetables

Yield 4 servings

INGREDIENTS

| | |
|---------------|-------------------------------|
| 3 | medium Florida carrots |
| 4 | stalks Florida celery |
| 2 | Florida yellow squash |
| 1 | Florida bell pepper |
| 3 | Florida zucchini |
| 1 | teaspoon salt |
| $\frac{1}{2}$ | cup grated Parmesan cheese |
| | Oil or nonstick cooking spray |

PREPARATION

1. Cut all vegetables into bite-sized pieces and season with salt and pepper.
2. Coat a large skillet with oil or cooking spray. Cook vegetables in skillet on medium-high heat about 10 to 12 minutes or until they begin to brown and soften.
3. Place cooked vegetables in a shallow bowl and top with cheese and salt to taste.

CAN ALSO BE SERVED WITH
LEFTOVER RICE OR PASTA.

Potato SALAD

Yield 8 servings

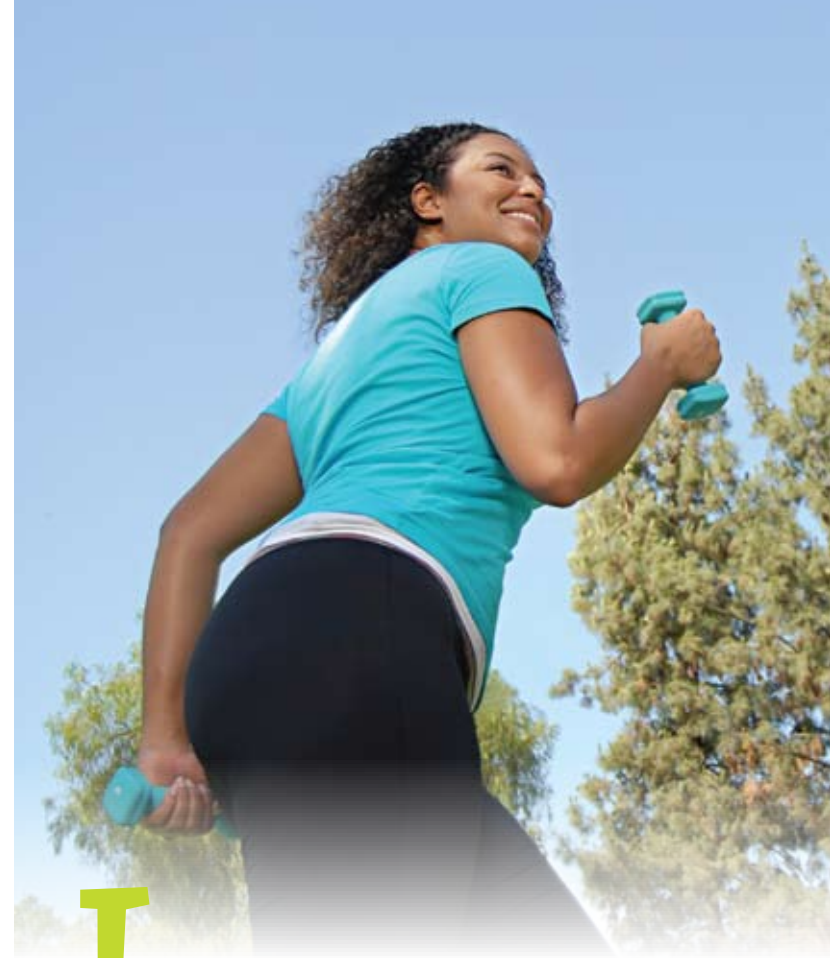
INGREDIENTS

- 2 pounds new potatoes cut into quarters
- 1 cup Florida red cabbage, chopped
- 1/2 cup Florida radishes, sliced
- 2 tablespoons cider vinegar
- 1/2 teaspoon salt
- 2 teaspoons Dijon mustard
- 3 tablespoons olive oil
- 1 tablespoon green onions, minced
- 2 tablespoons fresh parsley, minced
- black pepper to taste

PREPARATION

1. Place potatoes in a pot, cover with cold water by at least an inch, add a good pinch of salt and bring to a boil. Reduce the heat to medium and cook until the potatoes are almost tender. Drain and let cool. Cut potatoes into 1-inch cubes and place in a bowl.
2. In a small mixing bowl, whisk together the vinegar, salt and mustard. Add the olive oil, whisking constantly. Add the radishes and the onions.
3. Pour mixture over warm potatoes and toss. Just before serving stir in cabbage, parsley and pepper.

HEALTHY PARENTS



It is tough to balance eating right, raising a toddler and working full time. The time you spend with your children should be frequent and meaningful, but you should still take some “me” time to rejuvenate and reenergize. A happy mom makes for a happy child, so keep in good spirits. Here are some tips for moms on the go. (Any mom of a toddler is frequently “on the go!”)

ORGAniZe yOuR LiFe

- Get organized! Arrange your house and office space so that you can be the most productive.
- Make grocery lists and “to do” lists. Jot down reminders so you can concentrate on other things. Cross off your achievements each day.
- Keep a monthly budget sheet. You can track what you spend on groceries and anything else that you purchase. Clip coupons when you can. Anything to save a little at the store!
- Don’t waste time on meaningless things.
- Keep an engagement calendar.

FamiLy Time

- Search for family-friendly events in your area.
- Read to your children. This is an especially nice bed time routine to establish. Dedicate an hour before bed time to quiet time including reading and cuddling with your child.
- Turn to parenting groups or friends with children for advice and support.
- Remember to enjoy the time you have with your children. They are only young once!
- Enjoy nature. Nothing can lift your spirits more than spending some time outdoors when there is nice weather.

Time foR you

- Be sure to drink at least 8 glasses of water each day.
- Remember to eat foods that are rich in fiber.
- Get your exercise - 30 minutes at least 3 times a week.
- Avoid fast foods. They are high in fat and calories and do not give your body the proper nutrients it needs to keep up with an active child.
- Make time for yourself to do things you enjoy, whether it is gardening, reading or just relaxing.
- Pamper yourself when time allows.
- Always get a good night’s sleep.

KEEP UP tHe GOOD WORK!
you ARE DOING a GREAT JOB!



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